

LIONS FIELD ADULT AND SENIOR COMMUNITY CENTER

# LIONS ROAR

2809 BROADWAY, SAN ANTONIO TEXAS 78209 210-826-9041

## Lots going on for Spring!

### ARTISTS GALORE!

Our Spring Art Show was a great success! Thanks to the 28 artists who shared their work. A special bow goes to Instructor Leonardo Benavides who organized and hung the show.

Our next show is our **Anniversary Open House and Student Art Show** on July 16th. This will be our 4th year for this event in celebration of the 85th Birthday of "the field".

The first 35 years were for youth and then the Adults took over! The Lions Field Council plans to kick off a Fundraising Campaign for new chairs for the original building or "Game Room".

We hope you will help us in refurbishing this lovely room.

### SAN ANTONIO SENIOR GAMES 2010 April 8—18

After the Fun Walk on the 8th the Games begin in earnest with everything from Archery and Basketball to Golf and Swimming. Our own Jacque Odom will represent the Center in Bowling, Horseshoes, and Table Tennis. She won her first Bowling Trophy at age nine at St. Thomas More School.

As the youngest of five she learned to play with her older brothers.

Her bowling average now is in the 160's.

Jacque leads our Wednesday bowling group and will soon kick off Wii Bowling.

May is Older Americans Month and the National Theme is *Age Strong! Live Long!*

Join us for a special

### CELEBRATION OF SENIORS ICE CREAM SOCIAL - MAY 7TH

1-3 pm. In cooperation with the Alamo Area Council of Governments/ Bexar Area Agency on Aging.

A free and fun afternoon of music, entertainment and Blue Bell Ice Cream!

April & May



## LIONS FIELD COUNCIL

- President: Deleyce Tietze
- Vice President: Carlos Haun
- Secretary: Martha Wills
- Treasurer: Sandy Pitman
- Bette Flindall
- Gilbert Murillo
- Jimmy Peet
- Sunnee Rakowitz
- Josie Waddell

## LIONS FIELD STAFF

### Supervisor:

Kevin Sykes

### Manager:

Maeve Reddin

### Community Leaders:

Monty Fernandez,

Denise Martin,  
Jacque Odom

## COMING ATTRACTIONS

**L. F. Book Club** meets the 4th Monday of each month at 10 a.m. For April the group will be discussing "Water for Elephants" by Sara Gruen on 4/26 at 10 a.m. On May 24th at 10 a.m. local author Florence Weinberg will visit to speak about her research for the historical mysteries she writes. Her novels are set in Texas and Mexico. Dr. Weinberg taught at Trinity University for 10 years. Check out her website at [www.florenceweinberg.com](http://www.florenceweinberg.com).

### Great Shopping!

Spaces are still available for the "**Junk in Your Trunk**" Parking Lot Sale to be held on Saturday, May 15th. Only \$20 per space. Join us!

# COMING ATTRACTIONS

## Grandparents and Kids Day

Tuesday June 15th  
10 am—2 pm

A day of fun activities and crafts.

Parents are welcome too! Lunch provided. Space is limited to 40 kids so sign up now!

## Spring Luncheon

Tuesday April 20th

Noon

Cost: \$5.00

Chicken Pasta, green

Salad, bread, dessert

and beverage.

## RSVP "Senior Fiesta"

April /21st \*\* 9 am to 2 pm

Wonderland of the Americas Mall (Crossroads Mall)

A Free Information, Services, and Entertainment

Extravaganza!

Sample the newest products and services for seniors!

Free Parking!

## AARP Driving Safety

Class scheduled for

Wednesday April 21st

8:30 am—1 :00 pm

\$12 for AARP members

\$14 for non-members

Sign up in advance.

This class is now only

Offered quarterly.

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# TRY SOMETHING NEW!

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**FUN FRAMES**—a 3-session workshop held on Thursdays, April 15-29, 11 am to 1 pm. Learn to decorate and personalize ordinary picture frames to create unique and interesting settings for your pictures. Materials fee is \$10.

**BLACK & WHITE PHOTOGRAPHY**—8-weeks, May 4 to June 29, 1—3:30 pm. You will process film, make enlarged prints, and mount them for framing.

\$10 studio fee.

**PRINTMAKING**—5 session workshop, Mondays, May 3 to June 7, 1:30 to 3:30 pm. Instruction will cover relief printing using oil-based inks. \$10 supply fee.

Space is limited for the above classes so you will need to register in advance. Call Instructor Monty Fernandez for more information: 826-9041

## EVENING ART CLASSES

### Mosaic Flower Pot Decoration

3 sessions; supply own pot (not larger than 12"x12". Tiles, adhesive and grout provided. Cost \$8.00

### "Bead for Life" stretchy bracelet and earring set.

Use the unique handmade paper beads made by Ugandan women to support their families. Cost \$10.00. Limited class size. Sign up early.

### Wednesday Night Painting Class

Oil, Acrylic, Watercolor, or Pastels

Cost is \$30 for 6—8 weeks; Instructor Leonardo Benevides. Beginners to advanced.

### Hobby Ceramics—Monday evenings 6—9 pm

Purchase own supplies—no cost for class

Instructor Monty Fernandez

## WEEKLY ACTIVITIES FOR APRIL-MAY 2010

### Monday

10:00 am-noon: Aquarelle Watercolor \$30 per 8 wks \*\*  
10:00 –11:00 am: Book Club (4th Monday)  
1:00-4:00 pm: Bridge  
1:00-3:00 pm Conversational French Level Two\*\*  
6:00-9:00 pm: Ceramics—purchase own supplies  
5:00-8:00 pm: "42" Dominoes  
6:30-8:30 pm: S.W. TX Better Investing (1st Monday)

### Tuesday

9:30 am-2:30 pm: Arts & Crafts Activities: cost for supplies per project  
10:00 am-2:30 pm: Adv. Clay Sculpture  
10:00 am– noon: Mah Jongg Open Play  
10:00-4:00 pm Music Classes (Recorder, Sax, Hand Percussion, Keyboard—Begin. & Intermed. \*\*  
6:00-7:30 pm: Yoga— 6-week sessions \*\*  
6:00-8:00 pm: Conversational Spanish Two \*\*  
7:30-9:00 pm: Mahncke Park Assn. ( 3rd Tues.)  
1:00-3:00 pm: Bunco \$2 per session (last Tues.)

### Wednesday

10:00 am– noon: Mah Jongg - Open Play  
9:30 am-2:30 pm: Pottery-purchase supplies  
10:00 am– noon: Travelogue, no fee (1st Wed. )  
12:00pm: Bowling (call for info)  
1:00 pm : Lions Field Camera Club (1st Wednesday)  
1:00 pm-3:00 pm: Ceramics—purchase supplies  
1 :00-4:00 pm Bridge  
6:30-8:30 pm Painting \$30 per 8 wks. \*\*  
6:30-8:30 pm: Investment Clubs ( 2nd & 3rd Wed.)  
6:30-8:30 pm: Conversational French 2 \*\*  
7-9 pm: Socrates Café ( 2nd Wed.)

### Thursday

10:00am-12:00 Noon: Oil Painting \$30 per 8 wks \*\*  
10:00am– 11:00am: Begin. Guitar  
1100am– 12:00 Noon: Intermed. Guitar  
Noon-6:00 pm: "42" Dominoes  
1:00-4:00 pm: Ladies & Gents Ukulele \$12 mo.  
6:00-9:45 pm: S.A. Chess Club  
6:00-9:45 pm: Scrabble Group  
7:00-8:45 pm Audubon Society (1st Thurs.)  
7:00-8:45pm: Bonsai Society (2nd. Thurs.)  
7:00-8:45 pm Metal Detector Club (2nd Thurs.)  
7:30-9:45 pm: Greater S.A. Camera Club (1st and 3rd Thurs.)  
7:00-8:45 pm: Ukulele Jam (last Thurs.)  
7:00-8:30 pm: River Road Neighborhood Assn. ( 3rd Thurs.)

### Friday

10:00am-12:00 Noon: Oil Painting \$30 per 8 wks \*\*  
1:00-4:00 pm: Bridge  
1:00-5:00 pm: Open Studio  
7:00-8:45pm: Orchid Society (1st Friday)  
Note: \*\* = Call for dates and cost

### Lions Field Hours

Monday-Wednesday 7:30am-9:00pm

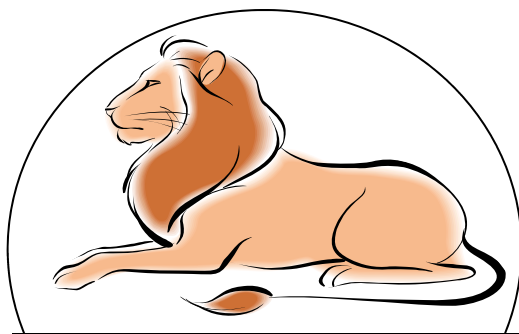
Thursday 7:30am-10pm

Friday 7:30am-7pm

Closed Weekends

Monday–Friday Exercise Class

9:00-9:45am



**LIONS FIELD ADULT AND  
SENIOR COMMUNITY  
CENTER**

2809 Broadway San Antonio Texas 78209

Phone: 210-826-9041

Fax: 210-826-9510

**Membership Only  
\$5.00 per Year!**



## **Cool and Healthy for Warmer Weather**

### **GAZPACHO**

3 medium tomatoes, peeled and chopped

1/2 cup each cucumber & green pepper, chopped

2 scallions, sliced

2 cups low-sodium tomato juice

1tbsp. Lemon juice

1/2 tsp. dried basil; 1/4 tsp. hot sauce; 1 clove garlic

Combine all ingredients in large bowl and mix. Cover and chill for several hours. Serve with dollop of low-fat sour cream or yoghurt. Makes 4 servings, 52 calories each

#### **Note:**

For a smoother consistency you can take a portion of the mixture and put it in a blender and process at medium speed for 20 seconds. Combine it with the original mixture.

*Recipe from "Heart Healthy Recipes" by National Heart, Lung, and Blood Institute*

## **OTHER HEALTH & FITNESS OPPORTUNITIES**

### **Free Arthritis Exercise Class**

Wednesdays 10:30 to 11:30 am, April 28th to June 2nd

Through a combination of exercise, health information, and relaxation techniques, this class helps participants living with arthritis achieve improved joint mobility, muscle strength, and endurance to enhance their daily lives. . Must register in advance.

The class is Certified by the Arthritis Foundation.

**Granados Center** has 4 different Line Dance classes: Beginning, Intermediate, and Advanced, plus an evening class. Call 207-3285 for more information.

### **Yoga at Lions Field**

Tuesday 6-7:30 p.m.

April 20—May 25

June 1—July 6

Mini session July 13, 20, 27

Six sessions for \$72 Or 3 drop-in classes for \$45 \*\* Instructor Cheryl Alexander ERYT 500

Bring a Yoga mat and two large towels or two Mexican blankets.

Wear loose, comfortable clothing.



City of San Antonio facilities are accessible. Requests for interpreter services must be made 48 hours prior to meetings. Call 207-7245 for Voice/TTY assistance

